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PAGE 14



## Ageism at OC Transpo?

Student groups protest putting an age cap on student bus passes for those over 27

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## Glee star died of overdose

Cory Monteith took a toxic mix of heroin and alcohol, a coroner has found

PAGE 6

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## TAKING A PAWS TO HYDRATE

Kirk Fitzgerald's Jack Russell Terrier P.K. takes a much-needed sip of water at a fountain at the dog park by the Jack Purcell Community Centre Tuesday. As Ottawa and Gatineau experience a heat wave officials with the Ottawa Humane Society are warning people to make sure pets are safe from the heat and well hydrated too. Over the weekend the OHS says it received 12 calls for dogs left in hot cars.

JOE LOFARO/METRO

# City preps for large-scale legal grow-ops

### Medical marijuana.

Rules for farms developed with zoning review, but retailers not included



GRAHAM  
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The city is at work on new zoning that would allow large-scale industrial facilities to grow medicinal marijuana in Ottawa, but it says a storefront selling pot in Chinatown is out of the question.

"The new regulations do not permit storefront retailing. So our zoning would not lend itself to that," said Kersten Nitsche, a City of Ottawa planner leading a zoning review and subsequent bylaw amend-

ments that would allow large pot producers to operate in the city.

The review is being launched to bring Ottawa in line with new federal legislation under the Marihuana for Medical Purposes Regulations, she said, that regulates and permits large-scale industrial growing operations.

The new rules came into effect in June and will be phased in until March 2014.

"We will zone where they will be appropriately located," said Nitsche, of the operations, adding that the public will be able to offer feedback starting July 19 until Aug. 16 and the new zoning rules will be brought to standing committee Oct. 3.

The facilities will have tight security with video monitoring required on all sides of the standalone buildings that house the

grow-ops.

This and other rules in the MMPR regulations rule out all compassion clubs and medical-marijuana dispensaries such as the Greater Ottawa Health Advocacy storefront, which opened in Chinatown the other week.

The question is why haven't they been shut down?

"When police took action against these places in the past," said Dominic Lamb, a criminal lawyer with the firm Edelson, Clifford, D'Angelo. "There were suggestions that they would bring constitutional challenges."

Medical marijuana was created by case law, he added, and "they're very good and persistent at going back to the courts."

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### Local girl struck and killed in London, Ont.

A 17-year-old Almonte girl killed as she sprinted across a London, Ont., street for a city bus has been identified as Josie Ainsworth.

She moved a week ago from Almonte, west of Ottawa, to London for college.

Police haven't officially identified Ainsworth, but friends posting on Facebook are expressing shock and sadness about her death.

Brittani Mai-Gayton posted: "Rest in peace, darlin'. You were so beautiful."

Ainsworth was hit by a beige Honda Civic shortly before 5 p.m. Sunday. She died in hospital Monday evening.

SCOTT TAYLOR/FOR METRO

### Charges laid

### Police arrest six masked bandits in home invasion

Ottawa police arrested six people in an early-morning home invasion in Barrhaven on Monday.

Just after 12:30 a.m. Monday, police received a call of a break-and-enter on Madrid Avenue. According to police, six men wearing bandanas woke up and confronted a female homeowner. She suffered no injuries, and did not know the men. She called 911.

Responding officers managed to arrest all six suspects — four adults, two minors — fleeing the scene in a vehicle. They face charges of breaking and entering, theft, wearing a disguise, conspiracy to commit an indictable offence, possession of break-in instruments, mischief and breaking conditions of release.

Mathieu Dafour, 19, Brendan Aubertin, 19, Andrew Godard, 25, and Shawn Minor, 23, all from Ottawa, have been charged. The two other males charged cannot be named because of their age.

ALEX BOUTILIER/METRO

### Friends in shock

## Serious injuries. Calypso Water Park slapped with 20 safety-related charges

The Technical Standards and Safety Authority (TSSA) has laid 20 charges against Calypso Water Park following a yearlong investigation into complaints about safety at its water slides in 2011 and 2012.

The charges were filed in court in Ottawa Tuesday and relate to incidents at its Bobsleigh, Pirate's Bay and Steamer slides, some of which resulted in serious injuries, the TSSA said.

"Calypso Water Park was charged with failing to ensure its water slides were sufficiently staffed with properly trained attendants, and for operating its slides in an unsafe manner," the safety watchdog said in a news re-



Calypso Water Park

FACEBOOK

lease.

The maximum fine for each offence is \$1 million. A first court appearance is scheduled for Aug. 22.

JOE LOFARO/METRO

## \$80K bond. Wife of RCMP officer gets bail in child sex-assault case

The wife of an RCMP officer charged with sexual assault and other offences in a child abuse investigation in Ottawa was released on bail Monday and placed on house arrest.

The allegations came to light in February when an 11-year-old child was found wandering in a neighbourhood, according to a police official who spoke on condition of anonymity. It's believed handcuffs were used to keep the child shackled for months in a basement of a house, the source said.

The 34-year-old wife and her 41-year-old husband are both charged with several counts of aggravated

assault, assault with a weapon, aggravated sexual assault, forcible confinement, and failing to provide the necessities of life.

The woman was released on an \$80,000 bond and \$30,000 in cash Monday. She is to remain accompanied by her sureties in their home and keep the peace and be of good behaviour as part of her release conditions.

She is scheduled to appear in court Oct. 31. Her husband remains in custody and is due back in court July 30.

JOE LOFARO/METRO WITH FILES FROM THE CANADIAN PRESS

## Students push to remove age cap on OC Transpo pass

**Being heard.** A few councillors receptive to overtures

 **GRAHAM LANKTREE**  
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Seven student associations from across Ottawa handed city councillors letters Tuesday calling for OC Transpo to remove an age cap from student passes.

"Students in the city are 100 per cent united on this issue," said Seamus Wolfe of the University of Ottawa's Graduate Student Association.

He added the students will pursue meetings over the next two weeks about the pass with several councillors on the city's transit commission, including chairperson

Diane Deans, as the pass cannot be bought by students over the age of 19.

Wolfe pointed out that OC Transpo's U-Pass costs \$185 per semester and that neither students at Algonquin College nor at La Cité collégiale can buy one. In Vancouver, a similar pass costs \$35 a month, a value of \$140 per semester.

"Students feel constantly that the city doesn't see them as an asset to the city, but rather a way they can consistently get more and more money and fund transit on our backs," said Wolfe, who remembers a similar battle during his years as an undergraduate.

In 2009, the city brought in an age cap that barred students over the age of 27 from purchasing one of the discounted passes. "After a couple months of us presenting our arguments they



Students from Ottawa's seven student associations at colleges and universities gave letters on Tuesday to the mayor and city councillors demanding an age cap on student bus passes be reversed. CONTRIBUTED

decided to reverse their policy," he said. "It's really frustrating to see this again and even worse."

Coun. Diane Deans' office said the transit commission chair was "not available for comment."

## Lees station assault sexual in nature: Judge

A judge ruled a homeless man's attack on a female student at a transit station at 4 a.m. in January constituted sexual assault with a weapon, even though the accused's lawyer argued there was nothing sexual surrounding what he says was an armed robbery.

Jamie Murray, 28, is now awaiting sentencing follow-

ing his conviction Tuesday by Justice Bruce Frazer. The judge set a date for Nov. 25 and ordered a sexual-behaviour assessment, a pre-sentencing report, and recommended a MRI be performed on Murray.

In his ruling, Frazer said if robbery was a motive, the accused would have taken the 20-year-old woman's

cellphone or wallet after he pressed her against the ground. The Crown said she was walking at Lees station when a man approached her from behind and followed her.

A struggle ensued and the man ended up on top of her with her stomach to the ground as he slipped his hand

in her pocket.

The judge said Murray had his free hand "fiddling" in her coat near her buttocks while the other held a knife about an inch from her cheek. An OC Transpo constable drove by just after the woman fought off her attacker and fled the scene.

JOE LOFARO/METRO

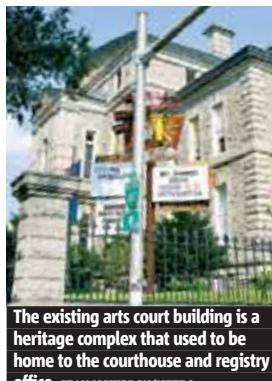
## \$9M proposal. Arts Court overhaul to move forward despite funding rejection

The city pushed forward with plans to redevelop Arts Court Tuesday despite the federal government rejecting its request for \$9 million needed to build the project.

Rideau-Vanier Coun. Mathieu Fleury said he found out the feds tossed out the funding request by reading an Ottawa Citizen story about the letter, which was sent to deputy city manager Steve Kanellakos on July 9.

"I'm disappointed because we've asked for \$9 million. To be brutally honest, we didn't expect \$9 million, but we expected something," Fleury said. "To turn around and say 'Ottawa, don't come to the feds for all your priorities' — we're not."

The project is still listed as the top priority in the city's arts, culture and heritage action plan and it's the only request the city made under the Canada Cultural Spaces Fund more than a year ago, Fleury said. The letter from Marie Moliner, regional executive director of Canadian Heritage, says that the city's \$9-million request amounts to a third of the total annual budget for that



The existing arts court building is a heritage complex that used to be home to the courthouse and registry office. SEAN MCKIBBON/METRO

nationwide fund.

"This project needs to happen, but I don't know at this point," Fleury said. "It leaves me with a lot of questions, a lot of doubt. I'm still confident that in the end we'll find some way of getting in done — maybe not in the same timeline."

The city is hoping to make \$3.5 million to put towards the project by selling the air rights for a 23-storey tower at Waller and Daly streets permitted during Tuesday's rezoning approval. LAURA MUELLER/METROLAND NEWS SERVICE

### Redevelopment details

The \$36-million expansion would include a large addition to the existing Arts Court building — a heritage complex that used to be home to the courthouse and registry office.

- One of the architects the city hired for the project, Mitchell Hall, said the new Ottawa Art Gallery portion would be a 3,260 square-metre "elegant box" tucked in along the existing north-

south dividing wall.

- A 250-seat screening room, a café and a black-box theatre on Waller Street for the University of Ottawa is also part of the concept.
- The university will pay \$5 million for that portion while the city and potential partners such as the federal government would cover the remaining \$31 million.



Traffic moves along Richmond Road at Cleary Avenue on Tuesday evening. A new proposal could see the road torn up to accommodate the new LRT. SEAN MCKIBBON/METRO

## Cut and cover LRT could spark Richmond re-think

**Cut and cover.** Stretch of road would be torn up to install tracks and then covered over



ALEX BOUTILIER

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Ottawa City Hall could use the construction of an underground tunnel beneath Richmond Road as an opportunity to rethink the west-side street.

Construction on the western light-rail extension is still years away, but as far back as April city staff were considering what opportunities

could come from a "cut-and-cover" approach under Richmond Road, according to documents released under access-to-information legislation.

"Because (the tunnel) is more shallow, that's the assumption — that it would likely be cut and cover," said Nancy Schepers, the deputy city manager in charge of the rail file, on Monday.

Schepers noted that it will be up to the proponents to suggest their method of constructing the tunnel, as the Rideau Transit Group did for the Confederation Line project.

Under a cut-and-cover approach, the stretch of road in question — from the area

### Confederation Line

The city is currently undergoing a detailed look at Queen Street in anticipation of the opening of the \$2.1 billion Confederation Line in 2018. Construction on the estimated \$980 million western LRT extension is not expected until that year.

of Cleary Station to west of Woodroffe Avenue — would be torn up, tracks installed, and then covered.

Traffic-mitigation measures would be part of proponents' bids, said Coun. Mark Taylor, as would the overall impact

to neighbourhoods around Richmond Road. But while a cut-and-cover approach would spell short-term pain for the street, Taylor suggested the result could be a more "complete" street.

"This particular stretch of Richmond Road, we've known for some time that we'd like to do something with it," said Taylor. "When we go into projects like this now, we do step back and say, 'Hey, do we really want to rebuild it the way it was or ... are there more opportunities to build something that's maybe more relevant, more useful for the community around it and for the people that are going to be using it.'

## City hall gives Plasco 60-day notice to secure financing



Plasco's demonstration facility  
CONTRIBUTED

Rob Bryden's garbage "plasma gasification" company has until late August to assure Ottawa City Hall his company's finances are in order.

Bryden's Plasco Energy Group was given a six-month extension to secure financing in February 2013. On July 12, city manager Kent Kirkpatrick sent a letter to Bryden notifying him that extension would be up in 60 days. Kirkpatrick also requested that Bryden give a formal response about

Plasco's intentions with regard to the contract.

Plasco and the city inked a 20-year deal that will see 109,500 tonnes of garbage run through Plasco's experimental "plasma gasification" process, converting the waste to gas used for energy generation, in December.

The deal was contingent on Plasco actually securing financing for its commercial facility. ALEX BOUTILIER/METRO

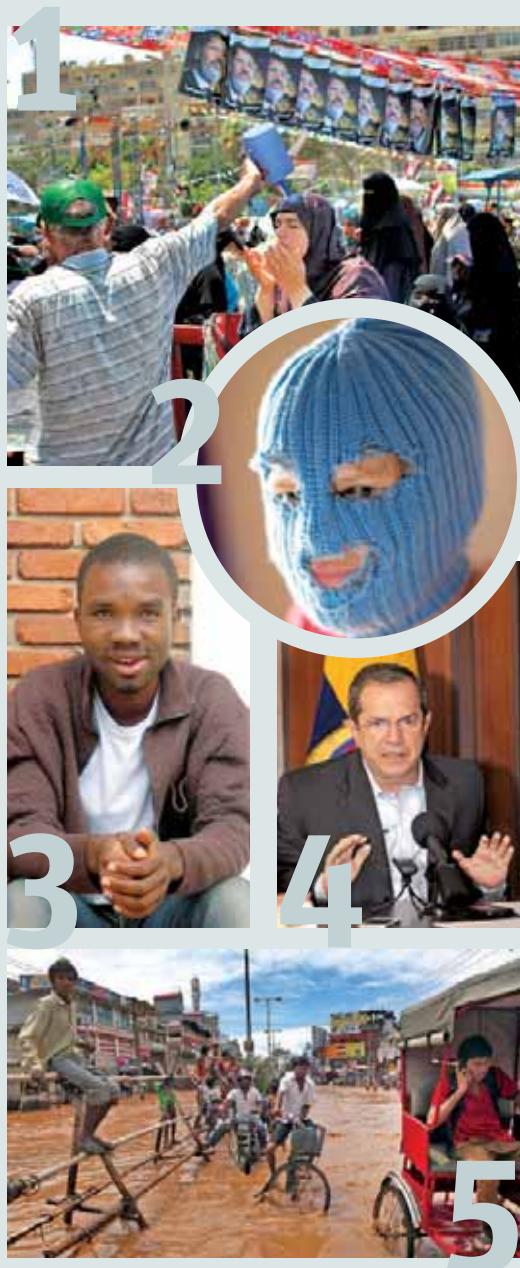
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## News in pictures

**1 Egypt.** Seven more die in clashes

A supporter of Egypt's ousted president tries to beat the heat. Clashes overnight left at least seven dead, authorities said Tuesday. **NASSER SHIYOUKHI/THE ASSOCIATED PRESS**

**2 Russia.** Pussy Riot back at it

Russian band Pussy Riot have released their first music video since three members went to prison last year. **ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS**

**3 Gay rights.** Activist slaughtered

Prominent gay-rights activist Eric Ohena Lembembe has been tortured and killed in Cameroon, Human Rights Watch said. **ERASING 76 CRIMES/THE ASSOCIATED PRESS**

**4 NSA scandal.** Snowden stuck

Ecuador's Foreign Minister Ricardo Patino said his nation hopes Russia will grant Edward Snowden temporary asylum, saying conditions do not permit his travel to Latin America. **RODRIGO BUENDIA/AFP/GETTY IMAGES**

**5 India floods.** Thousands missing

More than 5,700 people missing since floods devastated northern India last month are being presumed dead, top officials said Tuesday. **ANUPAM NATH/THE ASSOCIATED PRESS**

# No way to convict Zimmerman: Juror

The six-woman jury ultimately voted to acquit a neighbourhood-watch volunteer in the killing of an unarmed black teenager after closely examining the law, a juror in the case said Monday.

George Zimmerman was charged with second-degree murder in the fatal shooting of 17-year-old Trayvon Martin last year, but the jury was also allowed to consider manslaughter.

The woman, known as Juror B37, told CNN's Anderson Cooper that when the jury began deliberations Fri-

day, they took an initial vote. Three jurors — including B37 — were in favour of acquittal, two supported manslaughter and one backed second-degree murder. She said the jury started going through all the evidence, listening to tapes multiple times.

"That's why it took us so long," said B37.

When they started looking at the law, the person who initially wanted second-degree murder changed her vote to manslaughter, the juror said. Then they asked

**Vigils, rallies planned****100**

Civil rights leaders said Tuesday they are planning vigils and rallies in 100 U.S. cities this weekend to press the federal government to bring charges against George Zimmerman.

for clarification from the judge and went over it again and again. B37 said some jurors wanted to find Zimmerman guilty of something, but there was just no place to go

based on the law.

B37 said jurors cried when they gave their final vote to the bailiff.

The interview came two days after Zimmerman's acquittal in the shooting death of Martin in a gated community in Sanford, Fla., where the teenager was visiting family. Martin was black, and Zimmerman identifies himself as Hispanic. While prosecutors accused Zimmerman of profiling Martin, Zimmerman maintained he acted in self-defence.

**THE ASSOCIATED PRESS**

# From a self-imposed exile, train engineer talks through lawyer

**Lac-Mégantic disaster.**  
Lawyer dispels claim that Tom Harding is under 'police control'

The train engineer at the centre of the Lac-Mégantic disaster investigation is emotionally "devastated" by the tragic event, his lawyer says.

Tom Harding has vanished from public sight, and his lawyer's comments Tuesday shed some light on how he has responded to the tragedy.

Lawyer Thomas Walsh said his client has been staying at an undisclosed location, on his advice, to avoid the constant barrage of journalists at his Eastern Townships home.

Walsh said he's hoping to get Harding psychological help.

Edward Burkhardt, the head of the rail company, had told reporters last week that his engineer was under "po-

**Role in accident**

Tom Harding's role is a central question in the tragedy. His own company called him a hero before announcing his suspension.

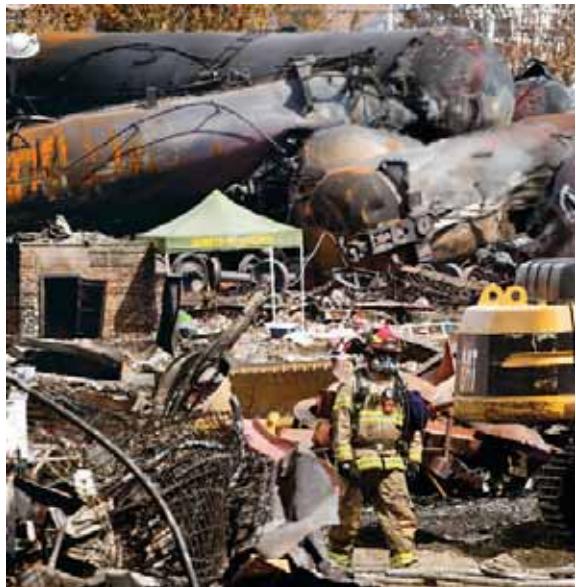
- He is also named as one of the defendants in an attempted class-action suit.
- One question is whether the veteran railman applied the appropriate number of hand-brakes before ending his shift.

lice control" as the subject of a criminal investigation.

"Nothing (of the sort)," Walsh said Tuesday. He said Harding has not been arrested or charged with any crime stemming from the accident.

"He's talking through his hat, as far as I can see."

**THE CANADIAN PRESS**



A fireman walks through debris Tuesday at the site of the train derailment and fire in Lac-Mégantic, Que., that left 37 people confirmed dead and another 13 missing and presumed dead. **RYAN REMIORMZ/THE CANADIAN PRESS**

**Oakville, Ont.****Father charged over baby in hot car**

Police have charged a Toronto father with child abandonment after an infant girl was left in a hot car in Oakville, west of Toronto, on Sunday.

Halton Region police said the nine-month-old was left unattended in a parking lot

for about 10 to 15 minutes.

Police said the baby was seen sweating profusely and crying but was OK after she was examined by paramedics and released to her mother.

When an in-store announcement at Home Depot drew the father back to the vehicle, police say a group of angry people "berated" him.

The father has been released pending a court appearance. **THE CANADIAN PRESS**

**United Kingdom****Cops sorry for using names of dead kids**

Britain's top policeman has apologized for using the names of dead children to help establish false identities for undercover work.

A report published Tuesday revealed that the names of 42 dead children — born between 1940 and 1975 —

had been used by police.

Metropolitan Police Chief Bernard Hogan-Howe says he is sorry for the "shock and offence" the tactic caused.

The report indicates that security services may also have used names of the dead.

The report says that families have not been told because that would put undercover agents at risk. **THE ASSOCIATED PRESS**

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# Mix of heroin and alcohol killed Monteith: Coroner

**Vancouver.** Actor's death last weekend deemed an accident

Glee star Cory Monteith spent his last evening out on the town with three friends before returning to his luxury Vancouver hotel room alone where he took heroin and died early Saturday morning, police and a coroner say.

"There's absolutely nothing, no evidence to suggest this is anything other than the most sad and tragic accident," coroner Barb McLintock said in a news release after her office concluded an autopsy and toxicology tests.

She said the coroners' investigation will continue. Police say the unanswered questions McLintock's office will determine include the levels of alcohol and heroin in Monte-

## Overdose risks

- Aiyanas Ormand, with the Vancouver Area Network of Drug Users, a group that advocates for better public policy around illicit drugs, said seasoned heroin users would "taste" the drug first, meaning they would inject a small amount and get a sense of it.
- "Often where you get people OD-ing, it's with less experienced users or folks who have been in jail or detox and their body was once accustomed to much larger doses.... It can be deadly," he said.

ith's system and whether the 31-year-old star was the victim of a bad batch of heroin, something which turns up from

time to time in Vancouver.

But Const. Brian Montague said the police investigation is finished.

He said the two women and another man Monteith were with that night co-operated fully with police.

"We're pretty confident we know where they were or what they were doing," he said.

"There were no signs of a struggle or a robbery. There was evidence in the room that was consistent with a drug overdose."

Montague declined to elaborate. He said officers will not be pursuing where Monteith might have gotten the heroin.

Monteith was a supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth. His family has requested donations in his name be made to Project Limelight and two other charities.

THE CANADIAN PRESS



Actor Cory Monteith died accidentally after taking heroin and alcohol, officials say. CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

## Atlanta, Ga.

**Zoo takes great care with panda cubs**



Twin panda cubs born Monday.  
ZOO ATLANTA/THE ASSOCIATED PRESS

have charged a man with "disturbing the peace of the dead" after finding 56 skulls and other human skeletal remains in his home.

State broadcaster ORF said Tuesday that the bones were taken from graves of a church cemetery. It reports that police became suspicious after the unidentified 47-year-old man tried to sell three of the skulls and two thigh bones at a flea market.

THE ASSOCIATED PRESS

## Amherstburg, Ont.

**Woman accused of ditching kids for a night out**

A Windsor woman is facing charges after she allegedly left her children unattended in a car for hours while she drank and danced at a bar.

The four children, aged two to nine, were found in the parking lot of Shooters Road House in Amherstburg, Ont., on July 7. A concerned citizen heard a baby crying and called the police.

Amherstburg police say the children were left in the vehicle "for a few hours."

Jennifer North, 36, has been charged with four counts of abandoning a child. She will appear in court on Aug. 6. METRO ONLINE

**Florida.**  
The man with no memory

Doctors are looking into the mystery of a Florida man who awoke speaking only Swedish, with no memory of his past, after he was found unconscious four months ago at a Southern California motel.

Michael Boatwright, 61, woke up with amnesia, calling himself Johan Ek, the Desert Sun reported.

Boatwright was found unconscious in a motel room in Palm Springs in February. After police arrived, he was transported to the Desert Regional Medical Center, where he woke up.

Hospital officials said Boatwright may have been in town for a tennis tournament in the Coachella Valley. He was found with a duffel bag of exercise clothes, a backpack and tennis rackets. He also carried four forms of identification, all of which identified him as Michael Thomas Boatwright.

Authorities have been unable to locate Boatwright's next of kin. Photos show him in Sweden at a young age.

THE ASSOCIATED PRESS

**Documents.**  
Aborigines were nutrition test subjects

Recently published historical research says hungry aborigines were once used as unwitting subjects in nutritional experiments by Canadian government bureaucrats.

Government documents revealed to researcher Ian Mosby a long-standing experiment that came to span the entire country and involved at least 1,300 aborigines, most of them children.

It began with a 1942 visit by government researchers to remote reserve communities in northern Manitoba.

They found people who were hungry, beggared by the collapsing fur trade and declining government support. They also found a demoralized population marked by, in the words of the researchers, "shiftlessness, indolence, improvidence and inertia."

The researchers suggested those problems were the results of malnutrition.

Instead of recommending more support, the researchers decided that these people would be ideal subjects for tests on the effects of different diets.

THE CANADIAN PRESS

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## Austria

**Alleged skull collector charged**

Police in Austria's Burgenland province say they

## A buck a call? CRTC nixes pay phone hike

Canada's telecom regulator is hanging up on Bell Canada's bid to increase the cost of using a pay phone. The Canadian Radio-television and Telecommunications Commission has rejected a request by Bell to charge people more to use coin-operated land lines, a familiar fixture of the pre-cell-phone age.

"This is, in our view, a victory for today," said Janet Lo, legal counsel for the Public Interest Advocacy Centre.

"We're very pleased that the commission stood up to Bell's request for the pay phone rate increase, which was in our view not warranted."

The CRTC is also considering whether to take steps to prevent the company from pulling less profitable pay phones out of underserved communities.

Bell and its subsidiary Bell Aliant Inc. had asked for permission to boost the price of a local call to as much as \$1, compared with the current price of 50 cents, and to double the cost of using a credit or debit card at a pay phone to \$2.

In their submissions, the companies said that without a rate increase, they would be forced to get rid of their least profitable pay phones. Pay phone usage has been steadily dropping as more people turn to cellphones, Bell argued.

But the CRTC countered by saying unprofitable coin-operated phones would likely end up being removed anyway, regardless of cost.

THE CANADIAN PRESS

### Going the way of the dodo?

The CRTC has launched consultations on the role pay phones play in Canada. The regulator will also ask Canadians whether phone companies should be prohibited from removing the last remaining pay phone in a community.

### NEED COOL DESIGN TIPS?

Read metro@home every Thursday.



# Invasion of the lionfish: Voracious predator spreads

**Into the deep.** Divers are being encouraged to kill the 25-cm long, one-pound nuisances

The invasive lionfish that crowds coral reefs and preys on native fish in the Atlantic's shallower waters is such a problem that divers in Florida and the Caribbean are encouraged to capture and eat them whenever they can.

Lionfish, which have venomous spines, are a well-documented problem in Atlantic coral reefs, where the 25 centimetre-long, one-pound invaders from the tropical parts of the Pacific and Indian oceans live without predators and eat other fish voraciously. What's slowly coming into view is how deep into the ocean

### Akin to the Burmese python

Lionfish in the Atlantic Ocean have similarities to the Burmese python, the large, ravenous snake that researchers say is decimating native mammal populations in Florida's Everglades. Both are fast-breeding invasive species likely introduced through the pet trade, with no natural predators to keep their numbers in check.

their invasion has spread.

Researchers and wildlife officials worry that lionfish may undo conservation efforts aimed at rebuilding populations of native predators such as groupers and snappers. Lionfish gorge on the young of those species, as well as their prey.

"They can eat pretty



In this image taken from video, two lionfish are shown in an aquarium at the Nova Southeastern University Oceanographic Center in Dania Beach, Fla. Desperate for some kind of control over their populations in the wild, Florida this year enlisted volunteers and amateurs to go after the fish not native to the Atlantic. SUZETTE LABOY/THE ASSOCIATED PRESS

much anything that fits inside their mouths," Oregon State University lionfish expert Stephanie Green said.

Divers are encouraged to capture and eat any lionfish they encounter to protect reefs and native marine life

already burdened by pollution, over-fishing and the effects of climate change.

THE ASSOCIATED PRESS

### A matter of survival

## Sun Media closes papers, slashes jobs

Sun Media Corp. is slashing 360 jobs and shutting down 11 publications across the country, saying it needs to invest more heavily in digital news to lure in younger readers.

In addition to job cuts sprinkled across the country, the newspaper pub-

lisher is closing down eight community newspapers and its 24 Hours free daily papers in Ottawa, Calgary and Edmonton.

The company said the plan is expected to yield annual savings of approximately \$55 million.

"We don't have a choice, because if we don't do this we won't survive," said Martin Tremblay, a spokesman for Sun Media's parent company Quebecor Inc.

THE CANADIAN PRESS

### Market Minute



**DOLLAR**  
96.47¢ US  
(+0.45¢)



**TSX**  
12,516.89 (-11.46)  
**OIL**  
\$106 US (-32¢)



**GOLD**  
\$1,290.40 (+\$6.90)

Natural gas: \$3.68 (+1¢)  
Dow Jones: 15,451.85 (-32.41)

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# NOT EVERY DOG HAS ITS DAY

The daily news is filled with reports of racism, sexism, ageism and absurdism, but a large faction of this country's population silently faces a form of discrimination I like to call anti-caninism. That's right, people who hate dogs. You know the type; distinctly anti-social, but ultra-sensitive to child safety, hypothetical allergies or the physically challenged, as long as the disability doesn't require canine assistance.

Wherever dog owners gather, there is inevitably, some scowling curmudgeon hiding in the bushes taking video of puppies peeing on grass. Oh no! Now, we've exposed the children! For centuries, scientists have been mystified by the various causes of disease, but 'Pooch Patrol' has connected it all to dog urine. Parents beware: Your local park has not been sterilized for your kids' protection.

We belong to a culture spoiled by the freedom to dismiss ourselves from all responsibility. Parents use children as the ex-



**JUST SAYIN'**  
**Mike Benhaim**

Guest columnist

cuse by which to perpetuate their own ignorance, and we spout improperly learned notions as universal truths.

Now, I'm not implying that the enlightened 19-year-old at 7-Eleven is not thoroughly versed in Canadian law but I recently entered one while holding my 10-pound Maltese.

Apparently, just having a dog exempted me from the basic courtesies afforded to the general public, let alone patrons.

"Mister, you can't have that dog in here!" She told me. When I questioned the hostility, she said, "It's against the law." (Gasp!) Am I a criminal now? Naturally, I probed further. "What about service dogs?" Apparently, our crackerjack legal scholar was ill-prepared for such meticulous cross-examination, as she responded with "Huh?" I specified, "What about seeing-eye dogs?"

And it was then that my clever foe truly earned the right to wear that plastic name tag by delivering a stunning rebuttal of

"It never happens."

Well then folks, I guess the law is clear. Only it really isn't.

Canada's Animal Pedigree Act prohibits animals from direct contact with food preparation. Beyond that, every province, municipality and establishment owner has their own unique set of rules.

Parks, malls and department stores can legally allow your dogs, only many of them choose not to. One manager actually admitted that it depended largely on personality. That of the dog AND its owners.

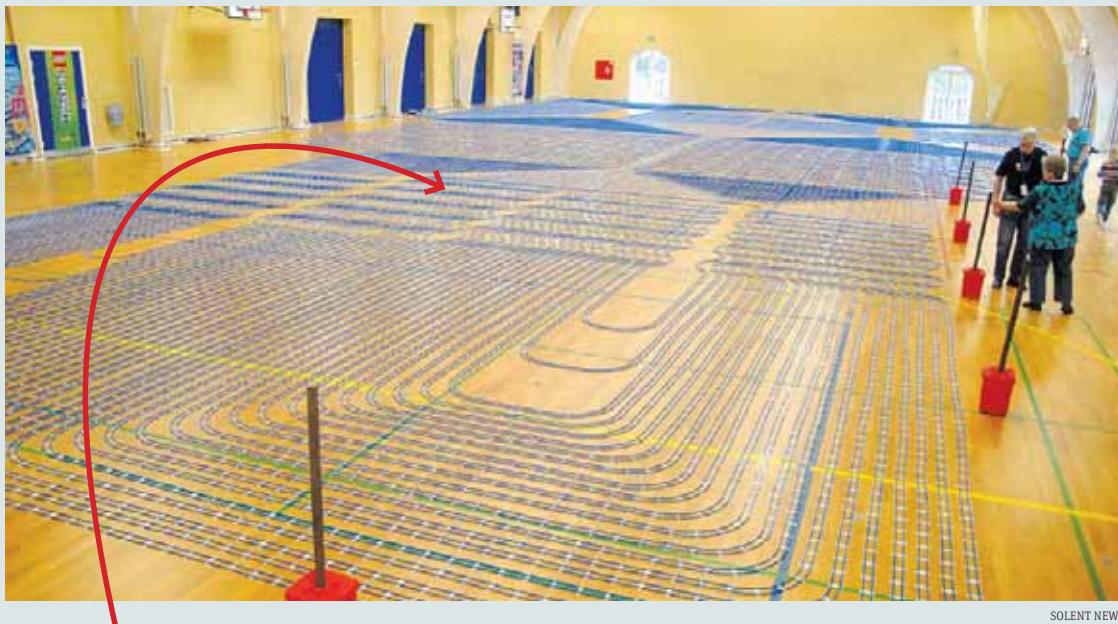
Hand-friendly malls and patios exist throughout Canada, but all it takes one anti-caninite complaint to spoil the show. It's never about them. These are just selfless citizens doing their part to protect the helpless from your vicious Chihuahuas.

Friends, think of dogs as babies. They can be cute, and at times disgusting, but they are part of the population and deserve to share the world with everyone else. So let's exercise a little tolerance and open public places to man's best friend.

Paul Sullivan will return July 31.

## ZOOM

### They have a proven track record



#### Longest Lego train track built

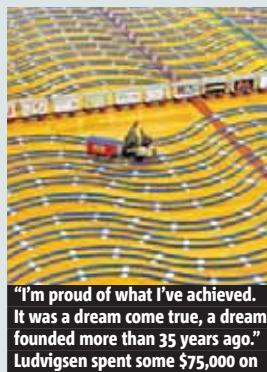
A Lego fan was on the right track when he assembled 93,072 plastic bricks to make the world's longest toy train circuit. Henrik Ludvigsen from Roskilde, Denmark, and a team of 80 others spent 18 months designing the track that measures 4,000 metres, which has earned him a Guinness World Record.

METRO

#### Lego land

"I was cleaning out a room in our house when I found all my old blue tracks. While my wife was asleep on the couch I went off to surf the Internet and got this crazy idea that I wanted to build the world's longest Lego train track."

Henrik Ludvigsen, 43, technology officer



"I'm proud of what I've achieved. It was a dream come true, a dream founded more than 35 years ago." Ludvigsen spent some \$75,000 on the feat.

SOLENT NEWS

#### A long ride

#### 3 hours, 22 minutes

is the time it took for a Lego toy train to complete a lap of the 4,000-metre-long route.

In 1934, Danish toy inventor Ole Kirk Christiansen named his new company Lego, formed from the Danish words "Leg Godt" meaning "play well." In Latin 'lego' means "I study" or "I put together."

#### Letters

#### RE: Jenny's Got A View, And I've Got One Too, published July 16

I am neither a fan of The View nor a fan of Jenny McCarthy, however I was surprised and appalled by your opinion of the subject matter of a possible relationship between vaccinations and autism.

My question to you, when you have read your articles to form your opinion around the subject matter of vaccination in relationship to autism, have you considered your sources? Were the surveys that you may have read funded by the pharmaceutical big businesses?

Have you read any articles from

windows, harassing lizards, giving guff to dogs and keeping the stoop possum-free. (kittycams.uga.edu)

**Vancouver Aquarium**  
It's hot. You're stuck at work. Cool off with critters that know how to enjoy the life aquatic. Sea otters, penguins and belugas bring the cute. Jellyfish are standing by in case you need something to sync your Pink Floyd albums to. (vanaqua.org)



LONDON LOOKS/Flickr

parents who noticed a considerable change in their child after a vaccination? Have you completed a thorough investigation? Based on your comments, I expect that you have not.

I believe that vaccinations are meant to help the community at large, and as we all know they have saved us from much disease and heartache. Is it possible that we may need to revisit or review our ingredients or timeline to vaccinations?

I think that it is disrespectful for individuals with no experience or thorough knowledge to make judgements on others based on their experiences just because their experience differs from your own.

**Valerie Doyle**

#### WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

# Conjuring up a number of familiar horror themes

## New movie.

Supernatural flicks aren't anything new but the creepy cranks continue to kill at the box office and on screen

 IN FOCUS  
Richard Crouse  
scene@metronews.ca

The Conjuring, the new film from Saw co-creator James Wan, plays like a mash-up of The Exorcist and a particularly spooky episode of Ghost Hunters. Based on true events, it follows one of the most devilishly famous cases of real life paranormal investigators Ed and Lorraine Warren.

The ghostly action begins when the Warrens (Patrick Wilson and Vera Farmiga), self described "demonologists, ghost hunters ... and kooks," are called in to investigate the haunting of a rambling old farm house purchased by the Perron family, Roger (Ron Livingston) and Carolyn (Liv Taylor) and their five daughters.

The house is creepy. Doors slam, someone or something gooses the girls while they sleep, clocks stop at 3:07 precisely and the smell of rotten meat hangs in the air.

It's spooky stuff, but it's not the only supernatural case the Warrens investigated that went on to find notoriety on the big screen.

The Haunting in Connecticut breathes the same



**The Conjuring** has some spooky stunts. HANDOUT

air as The Town that Dreaded Sundown, Death Tunnel or any movie involving evil spirits, a haunted house, an old aboriginal cemetery or former insane asylum.

The film takes its story from the much documented life experience of Carmen Snedeker and her family who were tormented by evil forces after moving into a reconverted funeral home in Southington, Connecticut.

In the real life 1986 case the Warrens were called in and declared the Snedeker house to be crawling with demons, the result of former

funeral home workers practicing necrophilia on the site.

How accurate was the movie?

"I was also told about scratching on the walls, blood and seances," Lorraine Warren told MyRecordJournal.com. "That isn't the type of things that were occurring within the house at all. The movie is very, very loosely based on the actual investigation."

The eerie couple's most notorious inquiry occurred at 112 Ocean Avenue in Amityville, Long Island.

The paranormal experiences of the Lutz family, who claim to have been terrorized by supernatural forces after moving into a large Dutch Colonial house where Ronald DeFeo, Jr. shot and killed six members of his family, came to be known as The Amityville Horror.

It has been the subject of 10 movies, a number of books and was a memorable case for Lorraine Warren.

"The case itself has affected our personal lives more than any other case we've ever worked on in 54 years of research," she said.

## Creative freedom? Release the Hounds

Calling from Milwaukee, getting ready to perform with her sister as part of the Court Yard Hounds, Martie Maguire sounds totally at ease.

"I'm just trying to keep my kids awake, because they want to come up on stage with me and do some Irish dancing, so I was like, 'Well, it's at 10 o'clock tonight, I don't know,'" she says.

These aren't merely the practical musings of just any mother. From the mid-'90s to the early 2000s, there were few names bigger in country music than the Dixie Chicks,

composed of Maguire, her sister Emily Robison and Natalie Maines. After controversial comments about then-U.S. President George W. Bush turned them into industry pariahs, Maguire and Robison went on to form the Court Yard Hounds, who will release their sophomore album, *Amelita*, on Tuesday.

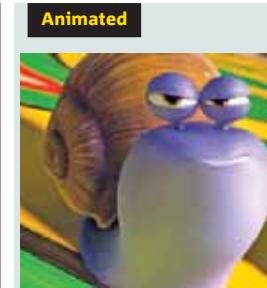
"We didn't have to be answering to anything, or writing certain kinds of songs our fans are used to listening to. Creatively, it kind of opens the doors to whatever."

THE ASSOCIATED PRESS



**Sisters** Emily Robison, left, and Martie Maguire of the Court Yard Hounds.

BRUCE GILBERT/THE ASSOCIATED PRESS



## Turbo

**Director.** David Soren

**Stars.** Ryan Reynolds, Paul Giamatti and Samuel L. Jackson

Ryan Reynolds voices Turbo, a snail obsessed with car racing. His need for speed is fulfilled after inhaling engine fumes that rev up his metabolism to the tune of 200 m.p.h., a talent that earns him a spot at the Indianapolis 500. The movie is amiable, with beautiful animation and great voice work from Paul Giamatti and Samuel L. Jackson. Too bad it's saddled with a dullish script that's as uninteresting as escargot without garlic and butter. It feels padded with music and montages and moves at a snail's pace, which seems like it should be appropriate for this movie, but really isn't.

**RICHARD CROUSE**

## Documentary

### Venus and Serena

**Director.** Maiken Baird, Michelle Major

**Stars.** Venus Williams, Serena Williams

In this compelling documentary, filmmakers Maiken Baird and Michelle Major follow Venus and Serena Williams throughout the 2011 tennis season — a year plagued with health and personal problems — and provide a glimpse into the aging titans' struggle to stay on top. Candid interviews cover dating, dysfunctional family relationships, experiences of racism and more, while reminding audiences of the extraordinary impact the Williams sisters have had on the sport. Ultimately, tennis fans or not, it's easy to appreciate this rare and comprehensive look into the private lives of world-class athletes.

**MANORI RAVINDRAN**

2  
SCENE

# The woman behind the crown



Philippa Gregory was intrigued by Elizabeth of York. HANDOUT

**Books.** Philippa Gregory talks about her writing and focussing on female protagonists

ALISON BOWEN  
Metro News

Philippa Gregory is a master of the engaging tales of British royalty, told from the viewpoint, often, of women.

Her latest book, *The White Princess*, on sale July 23, hinges on Elizabeth of York, who expects to marry Richard III until he is defeated by Henry Tudor — who she is then forced to wed.

This latest novel is part of Gregory's Cousins' War series, including *The White Queen*, which debuts as a Starz film at 8 p.m. on Aug. 10.

**What inspired you to write this book?**

I came across her when I was writing about her son Henry VIII, and I thought, "What an interesting character!"

I came across this really well-concealed scandal that she had probably been the mistress of Richard III. ... It was such a big scandal at the time, and it has been genuinely suppressed.

**Most of your books feature women. What do you like about writing female protagonists?**

I've spent most of my life working on women and history partly because that's my interest and partly because here are women whose stories simply have not been told. We've got the stories that have been very well recorded, very well repeated of the men who are important at this time, but history has completely obscured the women.

**What is your writing process? Do you need to be in a certain place, or a certain atmosphere?**

I work on a laptop, so I write really anywhere. I don't have to be at home. I can even write travelling. When I'm writing something which has

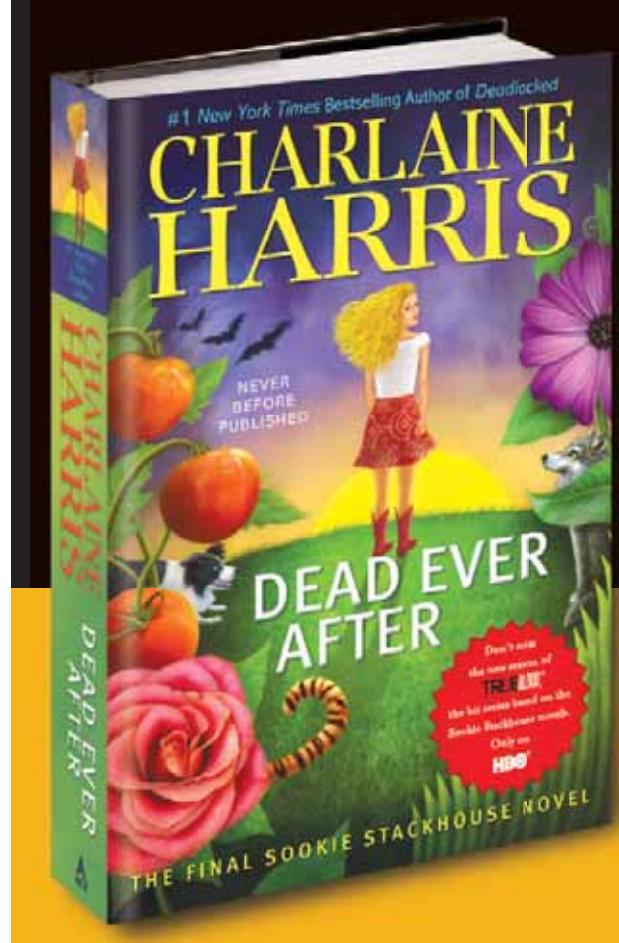
got a lot of the characters in it, a lot of historical events, I find it easier to write where I have my research books around me, so I can check them as I go. I write wherever. I like to write every day.

**How do you decide what to write?**

One of the things that really stimulates me to write non-fiction is that when I come to do the research, I often find there's nothing published, that when readers say, "Where can I find out more?", there is nowhere to send them. Then I feel almost obliged to write something.

**What drew you to this particular part of history?**

It's a very personal story, a very private story. She's married to a man she doesn't love at all, who is the enemy of her house, who has been the enemy of her country. ... It's about a time of extraordinary change. You almost see this change being worked through with this young woman.



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# New medium, familiar ground for Jeff Foxworthy

**TV.** The 'redneck Ryan Seacrest' was initially leery of doing an animated series

You might be a redneck if you love Jeff Foxworthy, but it's certainly not a prerequisite — after all, he is the highest-selling comedy-recording artist in history, famed for lampooning some southerners for their cartoonish ways.

Now, he and some members of his Blue Collar comedy troupe are back with a new series. But this time, they're all cartoons. Wednesday marks the premiere of Bounty Hunters, a charmingly animated series about three friends' hijinks running a small-time fugitive-tracking operation, a satirical nod to Dog the Bounty Hunter.

But when the series was pitched to him a few years ago when he was in the throes of

hosting the Game Show Network's American Bible Challenge and CBS's American Baking Competition — he says he was "kinda like the redneck Ryan Seacrest" — Foxworthy was leery of doing an animated series.

"It wasn't something I was actively seeking out," he says from his home in Georgia. "My concern was that it wouldn't be funny. I'd kind of gone through that in the '90s, with a sitcom (The Jeff Foxworthy Show).... But they wrote two or three scripts, and I went, 'Oh wow, not only have they captured our voice, they've captured our dynamic with each other.'"

That dynamic has been the core of his group of comedians, which include Foxworthy's Bounty Hunters co-stars Bill Engvall and Larry the Cable Guy, over decades of professional collaboration and even more years of simple friendship.

It's been so long, Foxworthy says, that working together has

become a labour of comfort, comparing their affability and affection for each other with The Carol Burnett Show.

"My favourite moments on that show when I was a kid was when they were making each other laugh. You could tell that they loved each other ... and when I think of us as a group, that's where my mind goes," he says.

"You have that kind of trust factor with them. It's not like one person's trying to fight the other two for other laughs.... I remember when we went out (on the 'Them Idiots' tour), and it was like putting on your favourite pair of shoes."

Foxworthy has also enjoyed collaborating with showrunner Eric Horsted, whose southern-sensibility bona fides include executive producing on Reba and Home Improvement and who is a known quantity in the animated comedy field, with credits for Adult Swim's The Boondocks and Comedy Cen-

tral's Futurama.

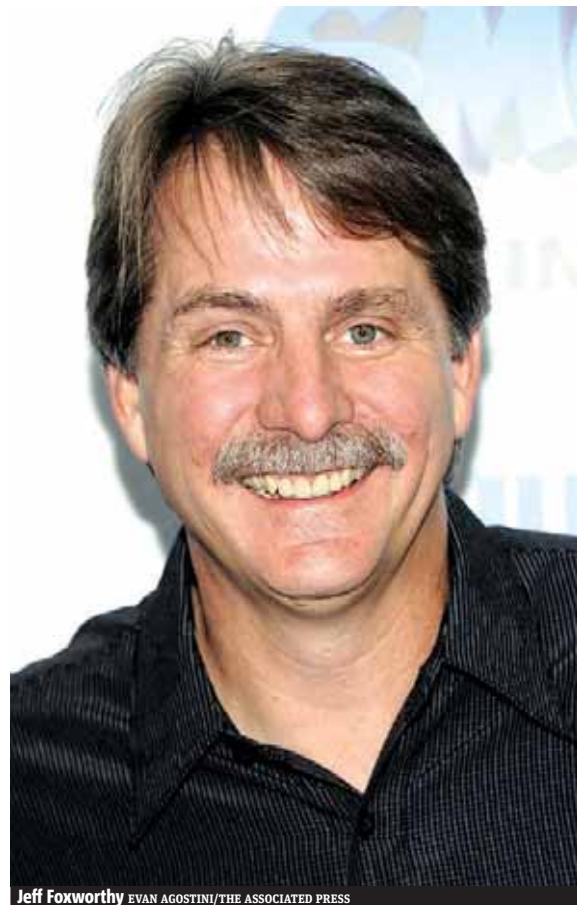
"That's kind of the key to a great director, that 'Hey, I've got an idea and a vision, but I'm not married to it if we find something better in the process,'" he says.

The medium has provided myriad challenges, though, including with his voice, for which he's taken tips from Horsted.

"Comedically, when I'm doing stand-up, I'm pretty physical — I'll fall on the floor or act things out," he says. "Now you have to sell it with your voice. It's gotta be a little more over-the-top."

He adds that the biggest obstacle has been a lack of an immediate response, something he's used to as a stand-up comedian. "In animation) you don't even know if it's good or not, because you don't get that feedback. It's what drives stand-ups, you crave that instant feedback."

THE CANADIAN PRESS



## CREATING A FUTURE WITHOUT BREAST CANCER

### YOU CAN RUN FOR A CURE ON OCT. 6

These are the facts: One in nine Canadian women will be diagnosed with breast cancer in her lifetime. And this year, 23,800 will be told they have the disease.

It's startling at first glance, but it shouldn't be when you consider that breast cancer is the most common cancer diagnosis in women in this country.

However, the Canadian Breast Cancer Foundation-Ontario Region is at the forefront of a nationwide movement to mobilize action on this disease. Since it

was founded in 1986, CBCF-Ontario has raised more than \$93 million and funded more than 600 projects. And it's having an impact; since the 1980s, there has been a nearly 40 per cent decrease in the breast cancer mortality rate.

The main way these important funds are raised is through the Canadian Breast Cancer Foundation CIBC Run for the Cure, which is taking place across Canada, including 30 communities in Ontario, on Oct. 6. It's the largest single-day event in support of the breast cancer cause.

"The funds raised are dedicated to research, health education and advocacy programs that will help lower the incidence and mortality rates of breast

cancer," says Sandra Palmaro, the CEO of CBCF-Ontario.

Fundraising for the CIBC Run for the Cure has launched innovative and relevant research that is improving screening techniques to detect tumours early. As well, a one-time, one-hour form of radiation therapy has been discovered to replace five weeks of daily treatment.

"We're changing the landscape of what is known about breast cancer prevention, detection, diagnosis and treatment," Palmaro says. "The research we invest in addresses every aspect of the disease."

For more or to sign up, please visit [runforthecure.com](http://runforthecure.com) or call 866-373-6313.

— Jane Doucet



CIBC RUN FOR THE CURE  
METRO CUSTOM PUBLISHING



## The Word

## Kristen Stewart is not grimacing with Michael Pitt

Too-cool-for-school couple Kristen Stewart and Michael Pitt probably aren't sighing loudly while they attempt to gather the enthusiasm to have sex with one another.

Rumours swirled earlier in the week that Stewart may have found a new leading man in former *Boardwalk Empire* star Michael Pitt since meeting at Paris Fashion Week.

"Kristen's not over Rob but she's getting there, and Michael's helping her through it," a source tells *The Sun*.

"She vowed to throw herself into work and be single this summer, but when she met Michael last week, they hit it off." And the two apparently have a lot in common, according to the source: "They both

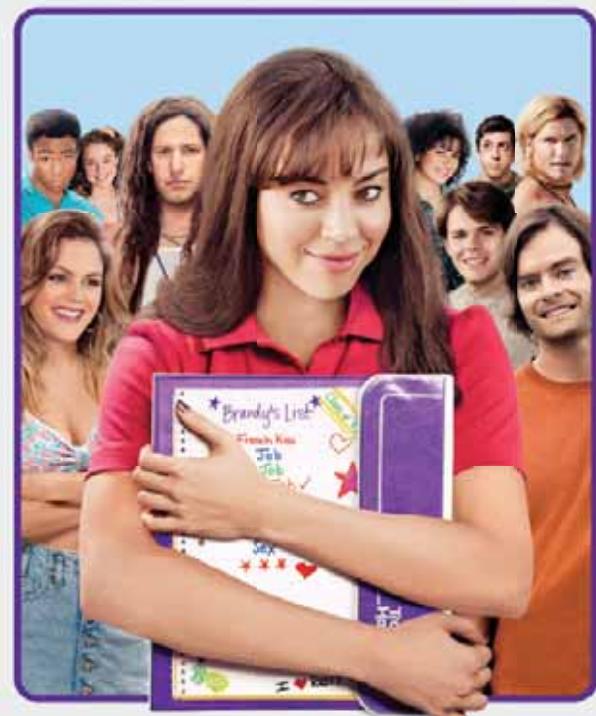


hate the spotlight and are smart bookworm types."

But not so, says Pitt's rep, telling *E! News*, "While we do not comment on our clients' per-

sonal lives, please know that there is absolutely no truth whatsoever to this rumour that Michael Pitt and Kristen Stewart are dating." **PAT HEALY**

**She's going from straight A's to getting her first F.**



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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



**Fergie** ALL PHOTOS GETTY IMAGES

## Fergie looking to change both of her names

Just in time for the arrival of her first child with husband Josh Duhamel, Fergie is reportedly looking to change both of her names.

The pop singer filed a petition in L.A. to legally change her full name from Stacy Ann Ferguson to Fer-

gie Duhamel, since Fergie is "the first name which she is commonly and professionally known as, and has been for many years," the petition states, according to *E! News*.

But she'll have to wait until Aug. 16 to find out if the court is cool with it.

**Twitter**



**@RedHourBen**

Making sure to sit on couch at least 2 hours today so my muscles wont be shocked by the rest day.



**@justinbieber**

It isn't just about music & performing 2 me. I care about all of u. I want to make the world better with this gift. Thought u should know :)



**@glenneheadly**

My therapist is looking gooood.



**@SteveMartinToGo**

I don't watch zombie movies because I don't really care about zomb AHH AHH AHHH AHHH AHHH AHHHHHH AHHHHHH AHHHHHH AHHHHHH



**Jane Lynch**

## Jane Lynch explains low-key divorce

Jane Lynch wants to make it clear that while she is in fact divorcing wife Lara Embry, the split is not as big of a deal as tabloid reports have made it out to be. "It's not dramatic. It's not a horrible thing. It's something that we're dealing with," Lynch tells Larry King in an interview. "It's two people who just decided it's better to go apart than stay together."

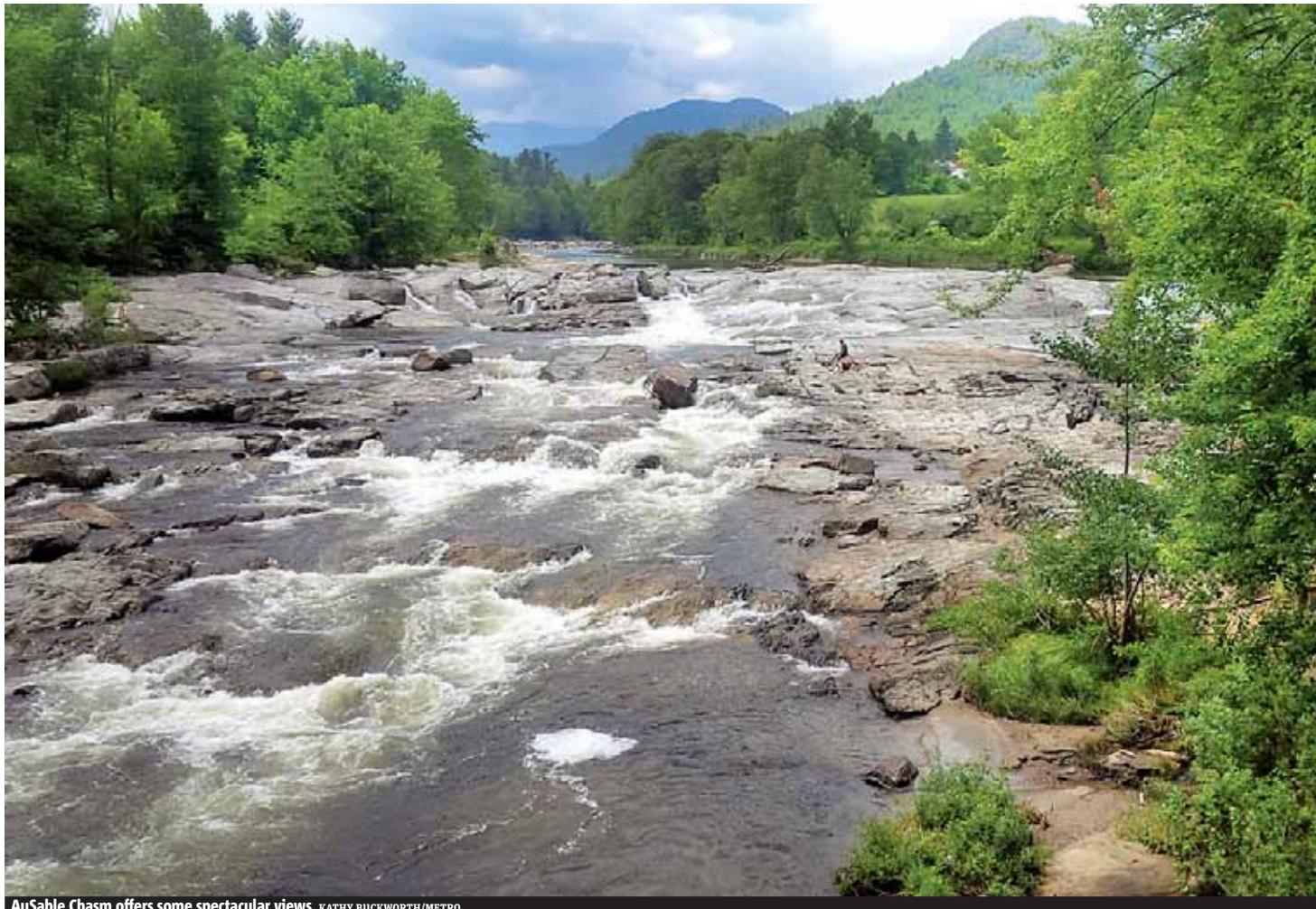


**Stacy Keibler**

## More drama-free breakups

To hear Stacy Keibler tell it, she and ex-boyfriend George Clooney ended their two-year relationship on the best possible terms. "There's nothing dramatic that happened, so it's all good," she tells *Extra*. "I'm someone that's always lived in the present moment. I always look at the positive on everything."

# Looking for a Placid time?



Ausable Chasm offers some spectacular views. KATHY BUCKWORTH/METRO

**Family fun.** Lake Placid mixes natural beauty and a laid-back vibe to make the perfect getaway for stressed out city dwellers

KATHY  
BUCKWORTH  
life@metronews.ca

Busy families looking to unwind, unplug and undo their daily demands will instantly appreciate the aptly titled Lake Placid, with calm waters showcasing a shoreline dotted with "Great Camps", built in a bygone era when wealthy families from New York City hauled their families up north to escape the city heat and bask in the beautiful mountains of the Adirondacks.

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the town embraces the quirky feel of a mountain holiday.

## Old timey vibe

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the town embraces the quirky feel of a mountain holiday.

feel of a mountain holiday, year round. It's hard to travel more than 100 feet down the main street, or anywhere in the surrounding area, without tripping over an Adirondack chair (which Ontarians call Muskoka Chairs).

Built five years ago very much in the style of the Great Camps, the luxurious Lake Placid Lodge has become the place to stay, with celebrities and other New York notables on their preferred customer list. The Artisan Restaurant has also become the "unofficial country club" of the many wealthy camp/luxury homeowners in the area. An award winning chef and meticulous attention to detail (not to mention a world class mixologist at the bar) com-

bine to make an extravagant dining experience.

There is a form of accommodation to fit every preference and budget.

The town and surrounding villages offer fun B&B's full of local character, like Nan and Red LaFountaine's Paradox Lodge, which features birch bark ceilings and uniquely local antiquities. Cozy bedrooms feature modern bathrooms and a wonderful family cottage feel. The Lodge backs onto a bay leading into the lake, and Red's homestyle breakfasts are the perfect start to a busy day getting out to the many outdoor adventures available.

The restaurants and bars are as diverse as the lodgings, with the Brown Dog Café,

## If you go...

Lake Placid is located about a five-hour drive from Toronto. Visit [lakeplacid.com](http://lakeplacid.com) for more information.

runs they watched during the 1980 Olympics on Whiteface Mountain, and in the summer the hills are taken over by warrior gangs of mountain bikers.

The base area around Whiteface, also with protected status, remains untouched by the usual array of condominiums, hotels, bars and restaurants, for a true mountain experience.

The Ausable Chasm is about an hour's drive from Lake Placid, and the spectacle of the chasm is as awesome as the Adventure Trail that's been developed.

Cable pulls, rappelling and swaying bridges are for the brave of heart. The Intermediate Trail offers a terrific mix of easy strolling and heart stopping rock wall scaling.

The Wild Centre is a great stop to make on the way to or from Lake Placid, situated in Lake Tupper. This 31-acre wildlife conservation area will have the kids entertained with more than 900 live animals.

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# Hike your way to health in B.C.

## Mountain Trek.

Can't lose that belly fat? Then B.C.'s Mountain Trek might be the vacation for you

VAWN  
HIMMELSBACH  
life@metronews.ca

Going on a retreat where you exercise like an Olympic athlete while giving up all your vices — caffeine, alcohol, sugar — and severely reducing your caloric intake may not exactly sound like a "vacation."

But that's the concept behind Mountain Trek, a hiking-focused fitness retreat and health spa in the Selkirk and Purcell ranges of B.C.'s Rocky Mountains, set in a luxury alpine lodge overlooking Kootenay Lake. Once you get through the caffeine withdrawal, you might find it's one of the best vacations you've ever taken.

Though one recent participant said his son kept telling his friends that his dad was going away to "fat camp," that's not the philosophy behind the program. Rather, it's an "induction" week to reboot your metabolism and promote wellness.

Chronic stress is the No. 1 workforce injury and the foundation of 90 per cent of disease, said Kirkland Shave, program director and lead guide with Mountain Trek. "It's a vacation that's a health investment," he said.

Many Westerners live a sedentary lifestyle, while eating far more than necessary — and our hormones have adapted to this "catabolic" state. This results in everything from fat storage to muscle loss, tissue inflammation, fatigue and chronic stress. Oh, and premature aging.

Aside from providing a "fat flush," the program also provides tips to help reduce stress and anxiety, rebalance hormones, reset sleep patterns, re-focus nutritional patterns and release toxins.



After a long day of exercise, kick back at the lodge. HANDOUT

That being said, almost all participants have lost weight, reduced their fat percentage, and whittled their hip, waist and chest circumference in about a week. Men lose an average of 6 to 8 pounds a week, while women lose an average of 4 to 6 pounds.

This is a typical day at Mountain Trek: Wake up at

6 a.m., fuel up with a herbal tonic and protein shake, do an hour of yoga, eat breakfast, then head out on a three-to-five-hour trek in a different location each day (guests are divided into groups based on fitness level, accompanied by experienced guides). Back at the lodge, guests take seminars on topics ranging from

## When to go:

- **The Reboot (7 days) in B.C.** May 4 through Oct. 26, 2013
- **The Renewal (14 days) in B.C.** May 4 through Oct. 26, 2013
- **Winter Health Renewal (snowshoeing) in B.C.** Dec. 28, 2013 to Jan. 4, 2014

nutrition and fitness to sleep and stress management.

At 5:15, it's dinner, and at 6 p.m. you're hitting the gym for a cardio class (from boxing to interval training) and, on alternate days, weight training. Then it's a hydrotherapy circuit (hot tub, sauna and steam), perhaps a massage, and then bed. At that point, you'll be too exhausted to check your email (in fact, there's limited Wi-Fi, so you're also taking a detox from technology).

There is no "diet" per se. The

nutritional pillar of the program rests on healthy eating patterns to balance blood sugar and hormones to raise metabolism. The meals are, surprisingly, delicious (there's even steak). This is no vegan affair (unless, of course, you're vegan, in which case the meals will be catered to your needs). It's low calorie (1,200 for women, 1,400 for men), low fat, low salt, high fibre, high protein and high vegetable content, with no simple or processed carbs.

Part of the detox process often involves a descent into darkness. There's a term for it: Herxheimer's. This typically happens on the third day, where the detoxification process can lead to headaches, nausea, rashes and emotional ups and downs. Fortunately, this passes. It doesn't hurt that you'll spend the week in a serene, scenic setting, with a high guide-to-participant ratio to provide a personal and supportive environment. "The best gym in the world is nature," said Kirkland. "That's our secret ingredient."



Hilton Waikoloa Village, Hawaii

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# One-dish pasta makes it easy to keep it simple – and get out of the kitchen



ROSE REISMAN

for more, visit  
roserisman.com or follow  
her on twitter @rosereisman

This is a great one-dish meal that's perfect for a quick dinner. Have a large leafy salad to start. If you want a more savoury flavour, use spicy sausage.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

## Ingredients

- 12 oz radiatore or penne
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 3/4 cup chopped onions
- 3/4 cup chopped sweet green peppers
- 2 cups chopped zucchini
- 6 oz sweet sausages, skinned

2. In large non-stick skillet, heat oil; sauté garlic, onions, green peppers and zucchini until tender, approximately 5 minutes.

3. Add sausage and beef, sauté just until cooked, approximately 10 minutes.

4. Add tomatoes, olives, basil and oregano; simmer for 15 minutes, until sauce thickens, stirring occasionally. Pour over pasta, and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

- and chopped
- 6 oz ground beef
- 2 1/2 cups canned or fresh tomatoes, crushed
- 1/3 cup sliced black olives
- 2 tsp dried basil
- 1 tsp dried oregano

Radiatore with Sweet Sausage, Zucchini and Tomatoes



This recipe serves eight. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

# Love those veggies

Pasta is often mistaken as one of those foods that we need to cut back on due to recent fads promoting low-carb diets. However, despite misconceptions, pasta does provide the perfect foundation for a healthy meal.

Andrea Holwegner, a Canadian registered dietitian, offers some insight that may change the way you think about this

## Ingredients

- 1 box Barilla PLUS rotini
- 4 tbsp (50 ml) olive oil
- 1 medium yellow onion, cut into 1-inch dice
- 3 cloves garlic, chopped
- 2 anchovies, chopped
- 1 large each yellow and red peppers, seeded and cut into 1-inch dice
- 1 medium eggplant, peeled and cut into 1-inch dice
- 1 medium zucchini, sliced
- 1 medium yellow squash, halved and sliced thin
- 15 oz. can quartered artichoke hearts packed in water, drained
- 28 oz. can whole peeled tomatoes and juice
- Salt and pepper, to taste
- 1 tsp Italian seasoning
- 1/4 cup pine nuts, toasted
- 1 bunch fresh basil, julienned

This recipe is ready in 45 minutes. NEWS CANADA

popular food.

Pasta is a good source of energy, she says, because carbohydrates supply the body with its key energy source — glucose. Consuming carbohydrates can help improve performance in a high-intensity exercise, such as swimming or soccer for 90 minutes or longer.

Holwegner also points out that pasta can be a calorie-friendly food. A one-cup serving of cooked pasta is about 200 calories, is low in fat (about 1 gram, with no saturated or trans fats), cholesterol-free, and is low in sodium.

Embrace pasta with this delicious Ratatouille.

1. Bring pot of water to a boil.

2. In skillet sauté onion in olive oil for 5 minutes. Add the garlic and anchovies and sauté for 1 minute. Add the peppers and eggplant and sauté for 3-4 minutes. Once that is lightly browned, add the zucchini, squash and artichokes and sauté for 2 minutes.

3. Stir in the tomatoes and bring the sauce up to a simmer, season with salt, black pepper, and Italian seasoning. Cook for 10 minutes, or until tomatoes start breaking down.

4. Meanwhile, cook pasta according to package directions, drain and toss with sauce. Top with toasted pine nuts and basil. NEWS CANADA/BARILLA.CA



## Drink of the Week

### Lavender Sour

Beat the heat with this exquisite blend of flavours, including lime juice, lavender bitters and egg whites.

- 1.5 oz Belvedere vodka
- 0.6 oz fresh lime juice
- 3/4 oz simple syrup
- 0.3 oz egg whites
- 2 dashes of lavender bitters

Dry shake then add ice and shake again. Strain into chilled martini glass and garnish with an expressed lemon twist.



PHOTO AND RECIPE  
COURTESY OF BELVEDERE VODKA

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# Prosperity's path: From a foot in the door to a face at a desk

## Work wonders.

An expert shares his top tips on how students and new grads can get through the application process and on to the interview

MEGHAN  
GREAVES  
TalentEgg.ca

"How do I get my foot in the door?" is just the tip of the question iceberg when starting your job hunt.

To help answer this question, we spoke with head hunting expert David Perry, who the Wall Street Journal calls the Rogue Recruiter.

### Begin with clarity

Starting your job search with clarity starts with determining the top 10 to 20 employers you

want to work for. Doing this is much simpler than you may think.

David recommends that you "figure out what your top three skills are that you can bring to an employer" and go from there.

Then you can search for employers online who are looking for these exact skills and use this to create your wish list.

### Put yourself online, professionally speaking

Luckily for many Gen Ys, this is virtually a natural instinct. Yet, creating a professional online presence is where we lack skills occasionally. This may be because we don't know how to or because we're nervous that what we have to offer won't be good enough for an employer.

According to David, we shouldn't feel this way at all. When getting online (in a professional manner), keep

these three things in mind:

1. Don't let lack of experience stop you. If you don't have a ton of "real world" work experience, David says, "don't worry about the experience — focus on the skills you have."

2. Don't overlook the skills developed in school: project management, interpersonal, communication, organization, research, writing. These are all very applicable skills that employers love.

3. Even if your LinkedIn account isn't bursting with information, David encourages you to remember that this still puts you ahead of those who aren't online.

### Let others sell you

Stand out to potential employers by including brief testimonials on your resumé or cover letter. Even though



How do you plan to get that shake of the hand? iSTOCK



**FULL TIME SENIOR PHARMACY ASSISTANTS:** Desjardins Pharmacy is currently seeking Senior Pharmacy Assistants for retail dispensaries located at the General Campus and Civic Campus of The Ottawa Hospital. Candidates must possess a Pharmacy Assistant Diploma and 3 years of relevant working experience. To be successful in these roles, candidates must have strong organizational and problem solving skills, an ability to multitask in a fast paced environment, good knowledge of medication and a solid understanding of 3rd party insurance plans. Bilingualism is an asset.

**For General Campus:** send your resume by email to [jauprix@oms.ca](mailto:jauprix@oms.ca) or by fax to 613.731.3025.

**For Civic Campus:** send your resume by email to [nsaatcioglu@oms.ca](mailto:nsaatcioglu@oms.ca) or by fax to 613.761.4498.

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## Your thoughts?

@TalentEgg: #QuestionoftheDay:  
What's one skill that you use all the time in your job/internship/at school?

- **@JodOwens:** adaptability! Need to be able to do/learn anything your managers throw at you.
- **@Shannon4RBC:** Time management is key! As a recent student my past volunteering experience prepared me to take on the working world :)
- **@Recruiterette:** Communication! No matter what your role, you need to work well in a larger team and get your point across clearly.
- **@WorkBCVan\_PICS:** The ability to multitask/prioritize tasks!
- **@BASSMRU:** effectively managing your time between school, work, and anything else you might have going on (sports, clubs, volunteering).

note.

Not only does this show the employer that you're a respectful person, they may call upon you in the future or refer you to another company where they believe you'll be a great asset!

He also encourages young job hunters to remember that "persistence and understanding are a part of the process, and there are people behind this process — not machines!"

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NHL

## Penner returning to Anaheim

Dustin Penner has signed a one-year contract with the Anaheim Ducks.

Penner spent the past three seasons with the Los Angeles Kings. He had two goals and 12 assists last season and seven goals and 10 assists in 2011-12.

The 30-year-old left-winger had 32 goals and 31 assists during a career year in 2009-10 with the Edmonton Oilers. In 522 career NHL games, Penner has 137 goals and 138 assists.

Penner's deal is reportedly worth \$2 million US.

Penner spent his first two seasons with Anaheim.

THE ASSOCIATED PRESS



Dustin Penner GETTY IMAGES

Banned substances

## Powell, Simpson trainer under investigation

Former 100-metre world-record holder Asafa Powell, Jamaican teammate Sherone Simpson and their Canadian physical trainer were formally placed under criminal investigation for allegedly violating Italy's doping laws, police said Tuesday.

The move came a day after Italian police confiscated unidentified substances in a raid on the hotel where the trio was staying in the northeastern town of Lignano Sabbiadoro after the athletes tested positive for banned stimulants.

The trainer is Christopher Xuereb of Toronto.

Police were still analyzing the substances seized to determine if they were legal or not. THE ASSOCIATED PRESS



## Have we Met before? Young Harvey starts strong for NL

National League all-star starting pitcher Matt Harvey of the New York Mets delivers to Blue Jays right fielder Jose Bautista during the MLB All-Star Game on Tuesday night in New York. Harvey had three strikeouts — including Bautista — and gave up one hit in two innings of work on his home mound at Citi Field. Go to metronews.ca for more coverage ELSA/GETTY IMAGES

# DeLaet at home on British Open links

## Golf. Lone Canadian at Muirfield undeterred by Scottish climate

Having grown up in Saskatchewan, Graham DeLaet isn't bothered by a little wind on the golf course — and wind surely is among the weather treasures to be found this week at Muirfield.

The cold, slanting rain that tends to arrive at some point during a British Open? He's seen that at home, too.

"We get that, too. But we just go inside," the Weyburn man cracked.

Barely a week after finding out his world ranking had earned him a spot in a major championship for the first time in his promising career, the



Graham DeLaet GETTY IMAGES

only Canadian playing here in Gullane this week was greeted in a familiar Scottish way at practice.

"I hit a 5-iron farther than I hit a driver," he said, laughing at the wind that arrives, in varying directions, at each of Muirfield's 18 holes. "But I grew up in Saskatchewan, so it's a pretty

Mixed emotions on Muirfield

**"I don't know if it's something I want to play every single day; it just eats you up."**

Weyburn, Sask., native Graham DeLaet on the unpredictable conditions of the British Open.

average wind for me."

DeLaet arrives with a terrific set of statistics in his back pocket for his tee time Thursday. He's 65th-ranked in the world and leads the PGA Tour in scoring average (69.99) and greens in regulation (72 per cent) and is second in total driving and par-five scoring average. He's knocking on the door of his first win; he hasn't been out of the top 30 in his past seven starts, including third at the Travelers Championship last month, and with more than \$1.5 million earned is 28th in cheques cashed.

Ben Curtis nailed a major in his first appearance at the Open 10 years ago, so it can be done, longshot though it is. At least DeLaet comes in with some links golf experience, having played a British Amateur at Royal St. George's and a couple of Dunhill Cups as a pro, including last year.

"You need your imagination and (need to) hit the ball solid. Fairways are going to be key, obviously, staying out of that fescue," he said after playing the front nine at Muirfield. "It's fun. A different style of golf."

TORSTAR NEWS SERVICE

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SPORTS

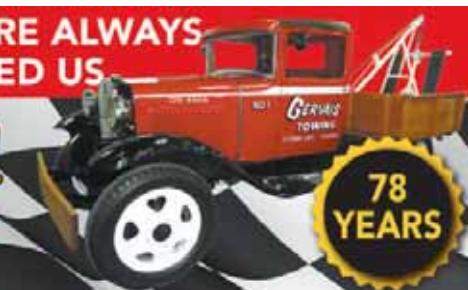
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# Union head says PED-related bans unlikely in 2013

**MLB.** League in the middle of interviewing players with ties to closed anti-aging clinic

The baseball players' association says any suspensions resulting from the sport's latest drug investigation likely won't be served until next year if the discipline is challenged before an arbitrator.

Union head Michael Weiner expects Major League Baseball will notify the union of its plans for penalties in the next month, and the union will maintain any discipline should not be announced until after a grievance hearing and then only if arbitrator Fredric Horowitz upholds a ban.



Alex Rodriguez is among the players being investigated for PED use.  
PENNLive.com/The Associated Press

"We're going to have a discussion with them. That discussion will include whether or not names of suspended players will be announced

publicly," Weiner said Tuesday.

More than a dozen players are under investigation for ties to Biogenesis, a closed anti-aging clinic in Florida linked with the distribution of performance-enhancing drugs. MLB officials have been interviewing players, who have been represented by the union and their own lawyers.

A provision in baseball's drug agreement says discipline can be announced before a hearing if the penalty results from an allegation that became public other than through MLB or a team.

Miami New Times published allegations in January, but the union could argue that a penalty results from evidence baseball has gathered rather than the newspaper account. **THE ASSOCIATED PRESS**



## Costa, great success. Is nice!

A fan chases Rui Costa as he attacks the breakaway group en route to winning the 16th stage of the Tour de France on Tuesday in Gap, France. The Portuguese cyclist was 42 seconds faster than second-place finisher Christophe Riblon. Meanwhile, Chris Froome retained the yellow jersey. **DOUG PENSINGER/GETTY IMAGES**

### NBA

## Raptors address backup PG void

The Toronto Raptors have signed guard Dwight Buycks.

Buycks is expected to be the backup point guard behind Kyle Lowry, filling a spot general manager Masai Ujiri said was still on the Raptors' off-season wish list.

The 24-year-old Las Vegas native averaged a team-best 18.0 points a game last season for Gravelines in the French Pro A league. Buycks previously averaged 15.1 points for Tulsa in the NBA Development League in 2011-12.

Buycks shot 49.7 per cent during his season in the NBA D-League.

**THE CANADIAN PRESS**



Dwight Buycks **GETTY IMAGES FILE**



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# 2014 Mercedes-Benz CLA



ALL PHOTOS WHEELBASEMEDIA.COM

**Review.** A new Mercedes for \$35,000? Here it is ...

**MALCOLM GUNN**  
wheelbasemedia.com

It might be hard to believe, but it appears as though Mercedes-Benz has caught the rest of the automotive world napping.

This fall, the automaker will introduce a front-wheel-drive sedan to North America that almost anyone pining for a loaded-up Honda Accord, Ford Fusion or Toyota Camry can afford. But wait, as TV infomercial hawkers are fond of saying, "there's more". The 2014 CLA's sporty body cladding and other trim makes it appear far from stripped-down basic-transportation, although with a sticker price that's a few ticks below 35 grand, it's priced like one.

Other than being pulled by the front wheels (with all-wheel-drive optional), what's most unusual about the CLA is that it doesn't offer the kind of roomy practicality that's a given when it comes to nearly every mid-size sedan. That's because Mercedes stylists drew their inspiration from the larger CLS-class faux coupe, a low-slung, wind-cheating luxury ride that remains one of the most imitated models on the planet (see Aston Martin Rapide, Volkswagen CC, Audi A7 and Ford Fusion). Things get much simpler when it comes to powertrain offerings.

The first-to-arrive CLA250 that heads here this September from its home base in Hungary

## 2014 Mercedes-Benz CLA

• **Type:** Four-door, front-/all-wheel-drive mid-size sedan

• **Engines (hp):** 2.0-litre DOHC I4, turbocharged (208, 355 CLA45 AMG)

• **Transmissions:** 7-speed automatic with paddle-shift controls.

• **Base price (incl. destination):** \$34,800

## Interior & Technology

Both driver and front-seat passenger are treated to greater comfort, but the one discordant note is an infotainment/nav screen that protrudes above the fresh-air vents as if it were an afterthought. You also get plenty of tiny push-button controls to play with that will require practice to master.

## Fuel economy

To assist in the fuel-economy department, the CLA250 uses technology that shuts off the engine when the car comes to a stop, such as at a red light. Once the brake pedal is released, the CLA starts right back up.

## Design

The CLA's aero design looks are pencil-sharp, but you should think twice if transporting four or more adults is on your agenda. Even though the CLA is physically larger than the previously base C-class sedan, function follows form and the form in this case is a lowered roofline that restricts rear headroom.



The CLA250 is equipped with the typically stylish Mercedes dash.

Already that list is a long one, even though base CLA250 models will arrive with plenty of content, including a sport suspension, Attention Assist that warns the driver should they nod off at the wheel. Collision Prevention Assist warns when a forward collision appears probable and will apply the brakes if the driver doesn't.

Both models use a seven-speed dual-clutch automated manual transmission with paddle shifters, but the AMG adds 4MATIC all-wheel-drive that sends up to 50 per cent of the torque to the rear wheels, as needed. 4MATIC will be included on the CLA250's options list later in the model year.

## Compare



**1 Acura TSX**  
Base price: \$36,000



**2 Cadillac ATS**  
Base price: \$36,850



**3 Lincoln MKZ**  
Base price: \$40,100

5  
DRIVE

# Mileage matters most: The return of the 1.0h!

**Autoknow.** Three cylinder engines, smaller than what you find in your average motorcycle — it's the little engine that could

TODD  
BURLAGE  
wheelbasemedia.com

Who could ever have seen this dramatic transformation coming in the world of automotive engineering: it's actually a very small package grabbing all the big headlines.

The longtime battle for finding more speed and greater power from six-cylinder and V8 engines has evolved into an auto-builder battle for the best fuel efficiency through shrinking engine size.

With gasoline already about \$8 a gallon in Europe, the equivalent of almost \$5 in Canada and near \$4 in the United States, automakers are betting that smaller is better when it comes to enticing buyers. Ford is carrying the less-is-more torch and will introduce a turbocharged 1.0-litre "EcoBoost" three-cylinder engine to North America with its 2014 Fiesta subcompact this fall. It's the first three-cylinder automobile engine introduced in the United States in more than a decade.

Through the magic of turbo-charging, Ford expects this little power plant — small and light enough for the engine block to be carried in a suitcase — to deliver 123 horsepower and 148 pound-feet of torque while pulling down almost 50 miles per U.S. gallon on the highway (about 4.7 l/100 km).

"This is going to allow you to take saving gas to a whole new level," said Chris Woodyard, automotive editor and analyst for USA Today.

Ford's little three-cylinder EcoBoost engine is considered such an engineering marvel that it was recently named the International Engine of the Year for the second year in a row. That's solid evidence that turbocharged three-cylinder engines are poised to send non-

## Appeal

**"Automakers have gone from bragging about big V8s to (celebrating) better gas mileage on the highway."**

Mike Omotoso, senior manager of global powertrain forecasting for analysts LMC Automotive

## About the Ford 1.0 Ecoboost

**1) For Pete's sake, why a three-cylinder engine?** The package is smaller and lighter than your average four-cylinder. Weight is bad, so saving it is good.

**2) What's the point?** With just 1.0 litre of displacement, it gets better fuel economy because it ingests less air/fuel per revolution.

**3) Can it get out of its own way?** It has a power adder — a turbocharger — that means the 1.0 makes 123 peak horsepower, and more importantly, 148 pound-feet of torque. That's much more (and at a lower rev point) than the base Fiesta four-cylinder that's 50 per cent bigger.

**4) Is there a trick to driving it?** If you're ginger with the throttle, you could get about 4.7 l/100 km on the highway. If you don't, you'll pay for your lead foot.

**5) What's it in?** It will be optional in the Fiesta.

**6) Is this a trend?** Other automakers are getting into it, yes, but three-cylinder engines are tougher to tame when it comes to vibration and harshness.

**7) Will there be smaller engines than this?** Tough to say right now, but if the 1.0 sells well, there might be opportunity for a stout 0.7-litre turbo-diesel.

turbo four-cylinder engines to the back of the bus. The three-cylinder is already wildly popular in Europe and expected to have a strong impact in the North American market when the Fiesta is launched in the fall.

Ford of Europe recently announced plans to triple annual production of its vehicles with EcoBoost (Ford's trade name for turbocharging) engines to about 480,000 by 2015 — up from 141,000 in 2011 — with about 300,000 of those vehicles carrying the 1.0-litre engine.

Not to be left behind, General Motors is making a U.S. \$215 million investment into an engine plant in Flint, Mich., to produce three and four-cylinder engines displacing as little as 1.0 litre. GM's smallest production engine to this point is the 1.2-litre four-cylinder for the Chevrolet Spark subcompact.

BMW is also bringing a three-cylinder engine to North America in its i8 hybrid sports



The Ecoboost: A small engine can now go in big and small vehicles. Aside from a packaging advantage, a light engine helps cut overall vehicle weight. ALL IMAGES WHEELBASE

## Quoted

**"This is going to allow you to take saving gas to a whole new level."**

Chris Woodyard, automotive editor and analyst for USA Today

car, and Daimler has swapped some secrets with Ford, gathering engineering data from the EcoBoost engine for a possible collaboration with Renault-Nissan for a three-cylinder vehicle.

Audi, Mini, Volkswagen and Peugeot top the list of other manufacturers considering an investment into this new generation of "triples", as the engines are often called.

Each of these auto builders is expected to spend millions on the promise that the three-cylinder engine will stand up to hybrids and all-electric vehicles in efficiency, while offering the convenience of gasoline power with a significantly lower price. The 2014 Fiesta starts at about \$14,500 plus shipping, which could turn Ford's three-cylinder gamble into a game-changer in the ultra-competitive small-car segment.

"You may save money on gas (with a hybrid or EV), but if you charge a whole bunch more for the car or the engine, then you're not saving a lot," said Woodyard, pointing out that hybrid and EV sales con-

tinued to fall short of expectations. "The goal for manufacturers is to find out how inexpensive you can make driving. And anytime you can do it with the regular gas engine, you are better off."

Mike Omotoso, senior manager of global powertrain forecasting for analysts LMC Automotive, predicts the production of 1.0-litre engines will rise 44 per cent worldwide to about 30 million by 2017, compared to only a two per cent growth rate in 4.0-litre or larger engines to about 4.2 million. Ford is even ceasing production of its non-turbo 1.6-litre four-cylinder engine that has been a staple of engine design for decades.

"There has been a cultural shift," Omotoso said. "Automakers have gone from bragging about big V8s to (celebrating) better gas mileage on the highway."

Based on the investment and interest from manufacturers, the three-cylinder engine continues to gain plenty of momentum in the automotive industry, but not before some painstaking engineering helped to find the proper balance in an unusually configured three-cylinder compared to the traditional four-cylinder engines.

Three-cylinder engines are inherently unbalanced, and the natural shaking and vibrations are more pronounced in an engine with fewer cylinders.



Advances in engineering means a strong engine in a small package.

Ford's design added weight to the flywheel and the pulley at the front and back of the engine to help smooth out performance.

"With technology as mature as the internal combustion engine, it's very rare to achieve a true breakthrough," said Joe Bakaj, Ford's vice-president of global powertrain. "But that is exactly what the team accomplished with this engine. You have to drive it to believe a small three-cylinder engine can deliver such performance and fuel economy."

Worldwide, these three-cylinder engines are still best

known for their use in motorcycle models from Honda, Kawasaki, and Suzuki, among others. And there is also a history — though not much of one — from the 1980s of some archaic and uninspiring triples powering tiny cars made by Subaru and Daihatsu.

So how small can you go? And does the resurrection of the three-cylinder pave the way someday for the introduction of the two-cylinder engine? "That's the big question," Woodyard said. "The answer will come from exactly what (customers) will accept."

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# Top sedans give the trunk the boot



The Audi A7 coupe's trunk merges into the rest of the vehicle and increase the car's aerodynamic capabilities.

**Autopilot.** Making the back of the car discreet, stylish and aerodynamic appears to be the trend in the high-end market



**AUTO PILOT**  
Mike Goetz  
drive@metronews.ca

the occupants, and another box for the trunk. Now we're seeing four-door sedans in a one-box or two-box layout. Trunks are being incorporated into the main box. They no longer have a box of their own. I don't know if that make trunks sad, but we should probably take it easy on them for a while, just to be nice.

Three factors are pushing trunk design in this direction.

#### Aerodynamics

The higher and shorter you can make the trunk lid, the better it is for aerodynamics, and aerodynamics nets you lots of good stuff, like fuel efficiency and high-speed stability.

#### Capacity and space efficiency

The long and low trunk stuck on like an appendage, is not as space efficient as a taller, shorter, and squarer trunk that has also expropriated some of the occupant box.

#### Aesthetics

Four-door sedans with small trunks, like the new



The new Mercedes CLA250 has a very discreet trunk. BOTH PHOTOS HANDOUT

Mercedes-Benz CLA, or four-door sedans with a hatch-like lift-up tailgate, like the Audi A7, just look sleeker.

And with this development we have to evolve the terminology as well. Automakers seem disinclined to even call them "sedans," sensing that the term might have too much old-world baggage (in their trunks and elsewhere). Mercedes-Benz refers to the CLS-Class a four-door coupe, and the full name of the A7 is the Audi A7 Sportback.

Commenting on this development in his blog, Luca Ciferri, the European correspondent for the trade publication, Automotive News, mused that, "as these new interpretations of the classic sedan move from being one-offs to full-fledged model lines it is easy to see that we are entering the post-sedan era."

I think it will be an exciting era. Maybe not as exciting as the post-apocalyptic era, you know, the one with all those zombies, but things should be happening.

Horoscopes

**Aries**

March 21 - April 20

There are so many positive factors at work in your life that you would be a fool not to set your sights high. Uranus, planet of changes, urges you to be adventurous. But do you really need encouragement?

**Taurus**

April 21 - May 21

Not even a Taurus can be confident all the time and there will be times today when you fear the worst. Take a long, hard look at your life but don't change things just because you're feeling low.

**Gemini**

May 22 - June 21

You will be spreading your opinions over the next 24 hours. Not everyone will agree with you, of course, but because you say it with such confidence it's unlikely they will argue with you.

**Cancer**

June 22 - July 23

Employers are on your side now, so think how you would like to move up in the world then let them know you are ready. If in doubt, aim to do something completely different to what you usually do.

**Leo**

July 24 - Aug. 23

Travel is very much on the cards today. You don't need to have a specific destination in mind, just get up and go where your fancy takes you and you are guaranteed to have fun.

**Virgo**

Aug. 24 - Sept. 23

Get your financial house in order. Now is the perfect time to make changes in your cash flow habits. Be aware of how wasteful you have been.

**Libra**

Sept. 24 - Oct. 23

You will face challenges today but you don't have to face them alone. Loved ones are always there for you and will stand by your side if you ask. Chances are you will come through unscathed.

**Scorpio**

Oct. 24 - Nov. 22

Cosmic activity in the work area of your chart means others expect you to deliver. The last thing you want is to let them down. Pace yourself sensibly and get it done.

**Sagittarius**

Nov. 23 - Dec. 21

You may be in an assertive mood but don't pick fights with people just for fun. It's good to let off steam but it's not good if you end up making enemies of people.

**Capricorn**

Dec. 22 - Jan. 20

Creative matters will go well today but you must not neglect affairs of the heart. Someone needs to be reminded of your passion and commitment, most likely because you have been a bit distant lately.

**Aquarius**

Jan. 21 - Feb. 19

You have plenty to say and you could cause a bit of friction if you come on too strong. Sometimes it pays to steer clear of facts that others may not want to hear.

**Pisces**

Feb. 20 - March 20

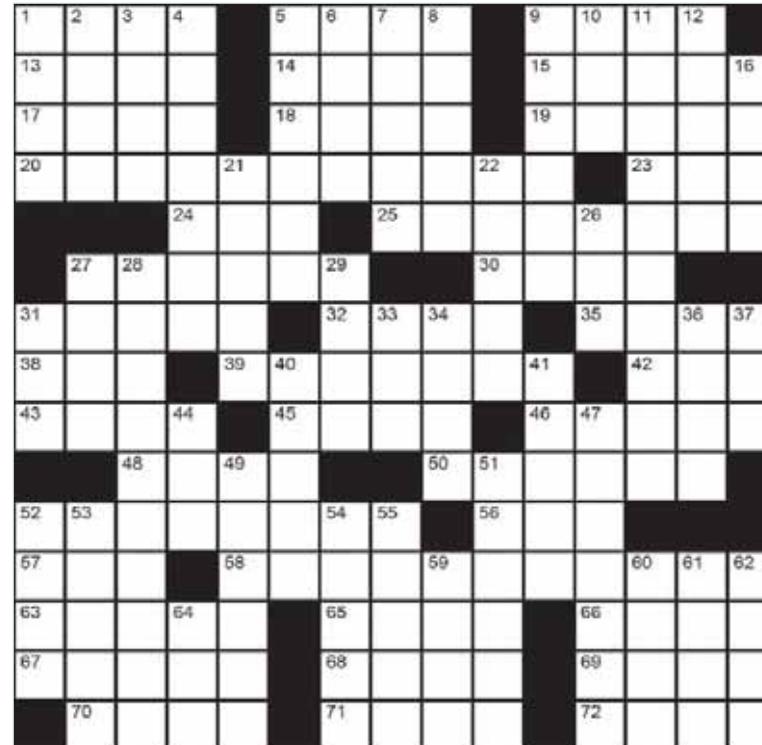
Positive cosmic activity in the money area of your chart will give you the courage to make much-needed changes. You may have to cut back on luxuries for a week or two.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ms. Helgenberger
5. Monsieur Le Pew
9. Valley
13. Mideast chieftain, variably
14. Q. "Do you prefer FM radio \_\_\_?" A. "Both, actually."
15. Verbal tests
17. The Ramayana heroine
18. Certain cracker
19. Surrealist artist Max
20. Toxic clean-up togs: 2 wds.
23. \_\_\_ casting
24. Gladiator's 1002
25. Glass Tiger lead singer: 2 wds.
27. Strong military city of ancient Greece
30. Decorative case
31. Sound loudly, as a radio
32. Singer/songwriter Lisa
35. Company bosses, collectively [abbr.]
38. Mouth, slang-style
39. Nuclear \_\_\_
42. Bit of Beatles: "Isn't \_\_\_ bit like..."
43. She sheeps
45. Non-vegetarian fare
46. Band of eight
48. Value
50. Have \_\_\_ of energy
52. Who The Band backed: 2 wds.
56. Riddle-me-\_\_\_
57. "...am right \_\_\_ am wrong..." - The Beatles
58. \_\_\_ and Immigration Canada
63. "Blame It \_\_\_" (1984) starring Michael Caine
65. First name letter, e.g.



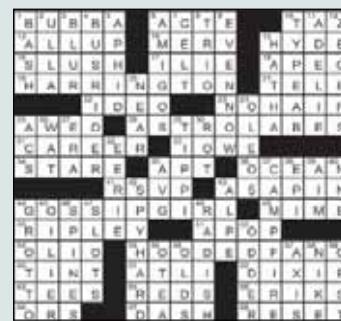
Down

1. Bangers and \_\_\_ (Pub serving)
2. "What \_\_\_ mind reader?"
3. Crackers brand
4. It's about sentences, etc.
5. Sticky notes brand

6. Ancient Greece's love god
7. The Taming of the Shrew setting
8. Internet mode of communication
9. Platinum Blonde hit: "\_\_\_ Really Matter"
10. ETA part, for short

11. First Nation concern: 2 wds.
12. Vintage dairy products cow
16. Goulash
21. Broadcaster
22. Billy Blanks fitness system: 2 wds.
26. Fee-fi-fo-\_\_\_
27. Shredded cab-bage
28. Alternate name of Saskatchewan's provincial tree: 2 wds.
29. Winglike parts
31. "Adieu."
33. Wood sorrel
34. Songstress Ms. James
36. Encounter
37. Rat-a-\_\_\_
40. Ms. Sande of recent hit "Next to Me"
41. 1431: French city where Joan of Arc was executed
44. Down
47. BC locale of Columbia Brewery
49. Mogul
51. Cape \_\_\_ Island
52. Barbarian
53. 'Ripley's Believe It' finisher: 2 wds.
54. 'Decor' finishing?
55. Ten-er - One-er = What-er?
59. Tube-shaped pasta
60. Beyoncé ballad
61. Persia, nowadays
62. Remunerations
64. Drink chiller

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	2	1	7	6	5	8	4	9
1	3	5	2	4	8	3	1	7
7		1	6	9	2	5	3	8
9		4	3	7	5	6	2	1
5		8	6	1	3	2	7	4
2	9	7	5	3	4	6	8	1
5	1	3	6	8	9	7	2	4
6	8	4	1	2	7	5	9	3
1	5	6	3	9	2	4	7	8

2	5	9	
1	3	7	8
7		1	4
9		1	3
3		6	2
5		2	7
8		6	5
1	4	9	8
6		7	2



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<sup>3</sup>Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

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